

20th - 24th March

Stress Less Week

Monday

End procrastination
Given by the NHS

Stress Less Talk
3-4pm
Bann 226



Yoga
11-11.40noon
1-1.40pm
Sports Centre
Meditate with fairy-lights & incense



Wednesday

Make a paper crane, Live piano music

Art Afternoon
12-4pm
Library



Adult colouring
and origami Ft. bubble wrap

Anyone
welcome
to play
piano

Giving Away
500 £3.50
credits for
Circle Pay App



Friday

Brunel Bicycle Team

Borrow a Bike
11-3pm
Quad
Guided cycle rides



Sign-up &
learn to ride

Free cycle repairs

Quiet Café
Mon-Thurs 9.30pm-5pm
Meeting House



Meditation
12-12.30pm
Meeting House

Rabbit Cafe
12-5pm
Meeting House
Tea, cake & rabbits.

